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February 2012

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# MFC News

*Caring for the Trees and Forests of Mississippi Since 1926*



The Mississippi Forestry Commission provides equal employment opportunities and services to all individuals regardless of disability, race, age, religion, color, gender, national origin, or political affiliation.

This institution is an equal opportunity provider

## Mississippi Facts

- Lawrence "Rabbit" Kennedy, of Amory, was the most decorated soldier in the U.S. Army.
- General Frank Gregory, of Shelby, is one of the principal developers of the helicopter.
- Mississippi College, in Clinton, was the first co-educational college in the United States to grant a degree to a woman.
- The governor's Mansion, circa 1842, in Jackson, is the second oldest executive residence in the United States that has been continuously occupied as a gubernatorial residence. The Mansion was designated a National Historic Landmark by the U.S. Department of Interior in 1975.
- The Dentzel Carousel, circa 1892-99, in Meridian, is the world's only two-row stationary Dentzel menagerie in existence. Original paintings of museum quality adorn the top crown of the carousel and all animals are meticulously hand-carved of basswood and poplar. The carousel has been designated a National Historic Landmark.
- The Mississippi River is the only U.S. river whose approaches were mined with explosives during World War II. This was done by Germany in 1942.

### Newsletter Deadlines

All submissions are welcome. Photographs are encouraged (although space limitations may curtail inclusion). Items must be received by the **10<sup>th</sup> of the month** to be included in the next month's issue. E-mail submissions (*in Microsoft Word*) and photos to

[lharris@mfc.state.ms.us](mailto:lharris@mfc.state.ms.us)

or mail to:

Lisa A. Harris

Mississippi Forestry Commission  
660 North Street, Suite 300  
Jackson, MS 39202

## SED TAKES PACK TEST

By Mike Gray, Southeast District Telecommunicator

On January 6<sup>th</sup>, 23 members of the Southeast District were in attendance for the annual pack test held at the Sandhill Crane Refuge located in Jackson County.

This was the arduous test, which consisted of wearing a forty five pound vest and walking three miles in forty five minutes or less. Twenty one people passed, with two unable to finish in the allotted time. Also present were personnel from the US Department of Wildlife and Fisheries and the Department of Marine Resources. This test is mandatory for all

personnel who wish to go out on details in other areas.

The Mississippi Forestry Commission wishes to express its thanks to the Sandhill Crane Refuge for once again hosting the annual pack test. This speaks well of the camaraderie that exists between different agencies for the common purpose of protecting our natural resources, saving them for generations to come.

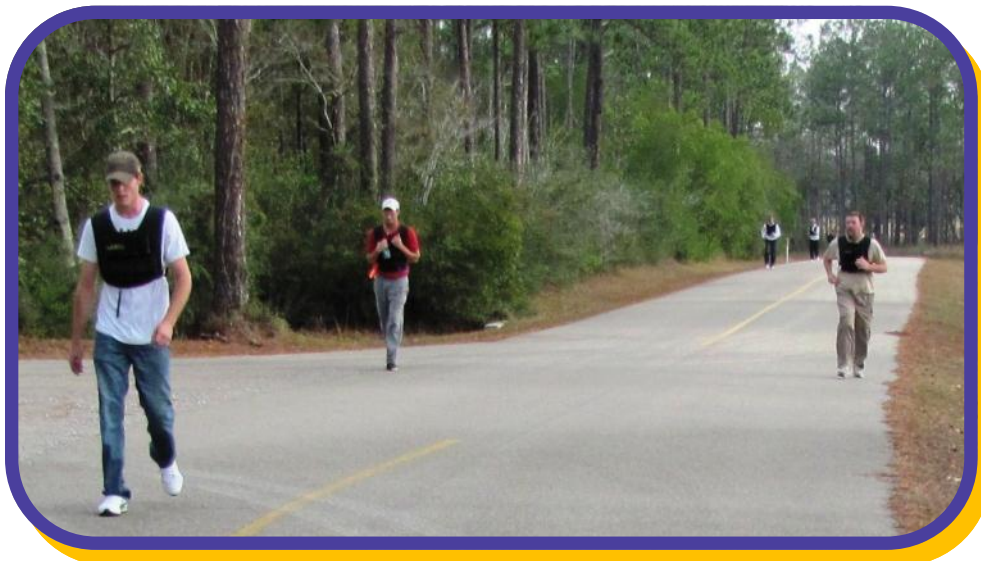
Also in December, all personnel from the Southeast District went through the annual refresher that was held at the Flint Creek Water Park. Evolutions included communicating with each

other, being able to adjust to rapidly changing situations, directing a S.E.A.T., [single engine air tanker], and of course, the ever popular shelter deployment.

Thanks to the following for attending and taking pictures: Bunk at the Crane, Mike Gray, Randy Wilson, and Michael Burks from the MFC.

The supreme happiness of life is the conviction that we are loved.

- Victor Hugo



*SED employees taking the Pack Test.*



My leaves are simple, opposite or whorled, deciduous. They range in size from 4.0" to 7.0" long, and 2.0" to 3.5" wide. Their apex is short to long tapered with a rounded to wedge-shaped base. They are ovate, elliptical or lance-shaped with dark green above and pale green below. Their surface is glabrous above and frequently hairy along principal veins below.

My twigs are slender to moderately stout and are dark reddish brown in color. Their surface is glossy or sometimes covered with a bloom during the first winter.

My terminal bud is absent but my lateral buds are embedded in the epidermal tissue of the twig. They are conical in shape and reddish brown in color.

My fruit is spheroid clusters that are .75" in diameter. They are reddish brown in color.

My flower is monoecious, perfect on slender

## TREE KNOWLEDGE - WHO AM I?

1.0" to 2.0" stalks. My flower is trumpet-shaped and white in color.

My bark is smooth, gray-brown in color on young stems but on older stems it is brown to purplish brown with fissured flattened scaly ridges.

My form is a shrub to small tree range up to 20 feet in height. I have a moderate growth rate of 20.0' at 20 years. My lifespan is short at less than 50 years.

I have a medium tolerance to shade, drought and fire and have a high anaerobic tolerance.

I am a wetland shrub common in swamps, floodplains, marshes, bogs, ditches that are under water for part of the year and alluvial plains with intermittent flooding. I like a fine to coarse soil texture with a pH of 5.3 to 8.5.

I range from southeastern Canada, eastern U. S. from the coastal plains to the Midwestern plains states. Several varieties are found in California, Mexico, Florida and Cuba. In Mississippi, I am found throughout the state.

My seed are consumed by waterfowl and shore

birds. My foliage is browsed by white-tailed deer in the northeastern United States. I am used as wood duck brooding nest protection. My nectar attracts butterflies, bees and hummingbirds.

I have no commercial value as a wood products. I am used for erosion control along shorelines because I found dense stands.

I have showy flowers and fruit which makes me a popular choice for use in native plant gardens, shrub borders and along pond shores and water gardens.

I am used by the native Americans medicinally. Decoctions of my bark is used as washes for sore eyes, antidiarrheal agents, anti-inflammations and rheumatism medications, skin astringents, headache and fever relievers and venereal disease remedies. My bark is chewed to relieve toothaches while my roots are used for muscle inflammation and blood medicines.

I contain the poison CEPHALATHIN. Cephalathin will induce vomiting, paralysis and convulsion if ingested.

Who Am I?



Tree of Heaven leaves (left) and flower (above)

## February's Birthdays



Sharon McMorris-1  
Edward Deaton-2  
Willis Goodnight-2  
Albert Toney-3  
Christopher Burnham-5  
Clayton Henderson-5  
Ella McGowan-7  
Debbie Welford-7  
William Shaw-10  
Austin Bailey-11  
Trent Griffin-11  
George Pitts-13  
Gordon Jones-14  
James Bond-18  
Patricia Moak-18  
Michael Bell-19  
Thomas Walker-19  
Michael Crabb-20  
William Lofton-20  
Virginia Hair-21  
Benton Vanderford-21  
Andrea Curry-22  
Steven Ramage-22  
Wallace Downs-24  
John Martin-24  
Louis Ray-24  
Richard Daugherty-25  
William Duncan-25  
Stacie Fox-25  
Justin Dewberry-27



Tree Knowledge - Who Am I? for January 2012 was the Tree of Heaven. Check out page 311 in the Mississippi Trees book.

## Holiday

# Holiday Schedule for President's Day

Monday,  
February 20,  
2012



Mothers, daughters, sisters, aunts — everyday women are dying at the rate of almost one per minute. Speak up. Make a difference. Show your support for the fight against heart disease in women by wearing red. It's an easy, powerful way to raise awareness of cardiovascular disease and stroke

On Friday, February 3, 2012, Americans nationwide will wear red to show their support for women's heart disease awareness on National Wear Red Day®. This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.

## 2012 MISSISSIPPI ARBOR DAY & TREE PLANTING WEEK

### STATE OF MISSISSIPPI

Office of the Governor



### Proclamation

**WHEREAS**, Mississippi's forest resource has been utilized to enhance economic development, provide environmental benefits, provide educational opportunities, reduce the impact of pollution, and increase the quality of life; and

**WHEREAS**, forest resources provide Mississippi with jobs and income, tax revenue, wood products, energy, fuel, clean air, recreational opportunities, and ideal habitat for many species of wildlife, while slowing the loss of soil due to erosion and ensuring a good storehouse of clean water; and

**WHEREAS**, the unique beauty and diversity of our native trees provide a powerful and lasting impression to visitors and lifelong memories for residents; and

**WHEREAS**, our urban forest increase property values, provide for serenity and relaxation, beautify the landscape and reduce energy consumption by shading and cooling our dwellings and urban "heat islands;" and

**WHEREAS**, trees in forest settings provide outdoor recreation opportunities and abundant habitat for wildlife:

**NOW, THEREFORE**, I, Phil Bryant, Governor of the State of Mississippi, do hereby proclaim February 10<sup>th</sup>, 2012 as

### Arbor Day

in the State of Mississippi, **And I Do Further Proclaim** the period of time from February 10<sup>th</sup> through February 16<sup>th</sup>, 2012 as

### Tree Planting Week

In the State of Mississippi and urge all citizens to plant a tree.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Mississippi to be affixed.

DONE in the City of Jackson, on the twenty-third day of January in the year of our Lord, two thousand and twelve, and of the Independence of the United States of America, the two hundred and thirty sixth.

**Phil Bryant**  
Governor




## ARBOR DAY IN MISSISSIPPI

Discover fun  
exciting facts  
about **TREES**  
during your  
visit to the  
**Museum**

February 10, 2012  
10:00 a.m.

## 2012 Mississippi Arbor Day Celebration

*FUN Learning &  
Activity Stations  
and Special Give-A-Ways  
provided by  
Mississippi's  
Natural Resource  
Supporters*

♦ **ANIMAL SECRETS**  
Museum Exhibit & Scavenger Hunt

♦ **MOON PINE** Dedication by  
Mississippi Arts Commission

♦ **Flag Presentation** by  
Boy Scout Troop #757 Florence, MS

♦ **Smokey Bear**

Mississippi Museum of Natural Science  
Phone: 601.576.6000

Adults \$6.00 Children \$4.00  
Members & Children under 3—FREE  
Senior Citizens (60+) \$5.00  
For more information on Special Group Rates  
Contact MMNS

For information on Vendor participation please contact  
Megan Sewall 601.576.6026

The 2012 Mississippi Arbor Day celebration is **Friday, February 10 at 10:00 a.m. at the Mississippi Museum of Natural Science** in Jackson, according to Mississippi Arbor Day committee chair Tympel Blansett of the Mississippi Forestry Commission.

The event will coincide with and complement the museum's newly opened "Animal Secrets" exhibit. The celebration team will host "station" events, with stations or exhibits provided by partnering agencies. Each station will conduct activities or short presentations relating to trees and animal habitat.

Smoky Bear will be in attendance and BSA Troop 757 of Florence chartered by VFW Post 5049 will be available to hand out trees and perform a flag ceremony.

## Personnel Personals



- \* William c. Dees, Forest Ranger, Grenada County, Northwest District
- \* Scott Myrick, Purchasing Agent III, State Office
- \* Matthew Reed, FIA Forester, State Office
- \* Kyle Whitaker, Forest Ranger, Lincoln County, Southwest District
- \* Patrick Parker, Forest Ranger, Jasper County, South Central District
- \* Robert Person, Forester, Kemper County, East Central District



## Moving On

- James Lovelace, Forester, Forrest Co., SED
- John Howell, Emergency Telecommunicator, Stone Co., SED
- Michael Westmoreland, Forest Ranger, Marshall Co., NED
- Joshua Myers, Forest Ranger, Jackson Co., SED
- Robert Touchstone, Forestry Technician, Statewide, SWD
- Antonio Brooks, Forest Ranger, Holmes Co., NWD



## Gone Fish- in'

- Randell Varnado, Forest Ranger, Jackson County, Southeast District
- Joe Barnes, Forest Ranger, Walthall County, Southwest District
- Kenneth Mobley, Forest Ranger, Tishomingo County, Northeast District
- John Rhodes, Forester, Panola County, Northwest District
- James Parker, Emergency Telecommunicator, Jasper County, South Central District

### \*\* IMPORTANT \*\* NEW MFC TIME REPORTING PROCEDURES

#### EFFECTIVE IMMEDIATELY

The ALF (Authorized Leave and Comp Time Form) as well as "Time Sheet System" will no longer be utilized at all. For time reporting, you should utilize the new "Monthly Time Activity and Authorized Leave Form". New forms are located on our website at Employees Section/MFC Forms/Time Sheets.

## UP COMING EVENTS

### Firewise Workshops

Firewise workshops are **FREE** events, however, **pre-registration is required**. Meals, refreshments and workshop materials will be provided. Firewise workshop and/or field days are a one-day event, bringing together citizens, business, and community leaders involved in planning, financing, building, sustaining, and protecting communities in the wildland/urban interface. This will be a learning experience and participants will learn about why homes burn, various wildland fuel reduction techniques, and how to assess the fire danger of their own home.

- The Crosby Arboretum and the Mississippi Forestry Commission are sponsoring a How To Have A Firewise Home event to be held at the Crosby Arboretum on **Saturday, March 10, 2012**. **Please complete the pre-registration form and return by fax to (601) 799-2372. Deadline for pre-registration is February 29, 2012.** If you have an questions, please contact Richelle Stafne at (601) 799-2311. [Click here](#) for a introduction letter, program agenda and pre-reregistration letter.
- The Kemper County SWCD, Northeast RC&D and the Mississippi Forestry Commission are sponsoring a How To Have A Firewise Home event on **March 20, 2012** at the Farmers Market Building in Dekalb, MS. Please contact Cindy Moore, Kemper County SWCD Clerk at (601) 743-9588 ext 3 for more information.
- The Lauderdale County SWCD and the Mississippi Forestry Commission are sponsoring a How To Have A Firewise Home event on **March 22, 2012** at the EMEPA auditorium. **Please complete the pre-registration form and return by fax to (601) 693-5379. Deadline for pre-registration is March 16, 2012.** If you have an questions, please contact Cassie Wing at (601) 483-4100 ext 3 or Cassie.Wing@ms.nacdnet.net. [Click here](#) for a introduction letter, program agenda and pre-reregistration letter.
- The Itawamba County SWCD and the Mississippi Forestry Commission are sponsoring a How To Have A Firewise Home event on **March 27, 2012** at the Woodman of the World Building. Please contact Polly Tutor, Itawamba County SWCD Clerk at (662) 862-9794 ext 3 for more information.
- The Monroe County SWCD, Northeast RC&D Council and the Mississippi Forestry Commission are sponsoring a How To Have A Firewise Home event on **April 17, 2012** at the USDA Service Center, 517 Highway 145N, Aberdeen, MS 39730. Please contact Ronda Chism, Monroe County SWCD Clerk at (662) 369-0044 ext 3 for more information.

### Green Communities, Healthy Communities Conference and Awards Celebration

on Tuesday & Wednesday, March 7 & 8, 2012 at the Mississippi Museum of Natural Science, Jackson, MS. [Click here](#) for Agenda and Registration Form. For more information, contact Donna Yowell at (601) 672-0755.

### Small Farmers and Women in Business Conference

Alcorn State University Extension Program's 2012 Small Farmers and Women in Business Conference on March 26-28, 2012. This year's conference will be held at the Natchez Convention Center in historic Natchez, Mississippi, 211 Main Street. The goal of the conference is to provide an avenue for small farmers and women in business to network, and gain knowledge of the most current cutting-edge technology and business practices. [Click here](#) for more information.

## Prescribed Burning Short Course

This hybrid (online and face to face) short course consists of approximately 21 hours of class room and field work in addition to the completion of the S-290, 32 hour online pre-course. The S-290 online pre-course **MUST** be completed prior to attending the face to face portion of this course.

Participants completing the online S-290, *Intermediate Wildland Fire Behavior* and Prescribed Burning Short course will understand:

- the state laws regarding your liability in applying a prescribe fire
- the benefits, limitations and risks of applying prescribe fire
- forest fuels and fuel classification
- how weather and fuel moisture affect fire behavior
- a variety of ignition techniques
- methods for managing smoke
- how to properly plan and execute a prescribe burn

Fee: \$250 (Must be received before access is granted)

**Class Dates: April 24-26, 2012**

Registration Fee: \$250, [click here to register](#)

Location: Mississippi State University, Starkville

For more information contact:

Dixie Cartwright

Phone: 662-325-9191

Fax: 662-325-8666

Email: [dcartwright@aoce.msstate.edu](mailto:dcartwright@aoce.msstate.edu)

Mail: P. O. Box 5247, Mississippi State, MS 39762

**Information to access the online portion of the course will be sent once participants register for the course.**

Upon completion of the S-290, Wildland Intermediate Fire Behavior and the Prescribed Burning Short course you will earn 54 hours of CFE credit and will qualify to take the Mississippi Certified Managers exam.

## 48th Annual Teachers Conservation Workshop "TWC"

The Teachers Conservation Workshop, which we affectionately call "TCW" is a practical, hands-on conservation workshop with emphasis on forests and other natural resources. The latest information on conservation is presented in the classroom and in numerous field trips including industries, harvesting operations, management practices, and nature trails. Participants learn by demonstration and practical exercises how relevant conservation practices can be integrated into classroom work and student projects. This workshop is sponsored by Teachers Conservation Workshop Committee and the Sustainable Forestry Initiative State Implementation Committee of the Mississippi Forestry Association. For more information, please [click here](#).

**2012 Workshop Dates:**

- South Mississippi, June 12-17th, Jones County Junior College, Ellisville, MS.
- North Mississippi, June 19-25th, Northeast Community College, Booneville, MS.



- ◆ Please keep the family of Don Nevels in your prayers as he passed away from complication of a recent surgery. Don retired from the MFC in 1999 as Forest Management Director.
- ◆ Please keep the family of Covington County Forest Ranger Bob Hamilton in your prayers. Bob passed away due to a heart attack.



VISIT WITH THE  
MISSISSIPPI  
FORESTRY  
COMMISSION AT  
THE FOLLOWING  
EVENTS:

☺ **5th Annual Saving Rural America & Youth Conference**, March 2-3, 2012 at the City Coliseum in Louisville, MS. [Click here](#) for more information.

☺ **Gulf Coast Garden & Patio Show** at the Mississippi Coast Coliseum & Convention Center, 2350 Beach Boulevard, Biloxi, MS on March 2 -4, 2012. For more information, [click here](#).

☺ **North Mississippi Sportsman's Extravaganza** at the Batesville Civic Center on March 9th and 10th. [Click here](#) for more information.

☺ **Jackson Garden & Patio Show** at the Mississippi Trade Mart, 1207 Mississippi Street, Jackson, MS on March 16-18, 2012. For more information, [click here](#).

February 2012

## IPHONE APP FOR INVASIVE PLANTS IN SOUTHERN FOREST

The first version of the Invasive Plants of Southern Forests App was released today. It includes all the text and images from the ID guide as well as the control recommendations from the management guide. Future versions will include reporting to the EDDMapS website.

Check out this application on the App Store.

### Invasive Plants in Southern Forests: Identification and Management

By UGA Center for Invasive Species and Ecosystem Health

[View More By This Developer](#)

Open iTunes to buy and download apps.



[View in iTunes](#)

ⓘ This app is designed for both iPhone and iPad

**Free**

Category: [Reference](#)

Released: Jan 25, 2012

Version: 0.9

Size: 282 MB

Language: English

Seller: Charles T. Barger

© The University of Georgia -

Center for Invasive Species

and Ecosystem Health

[Rated 4+](#)

**Requirements:** Compatible with iPhone, iPod touch, and iPad. Requires iOS 4.3 or later.

#### Customer Ratings

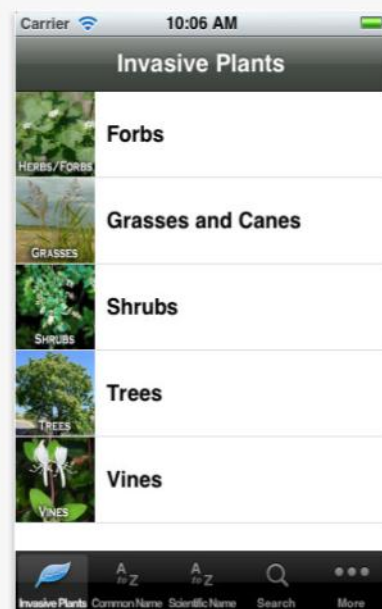
We have not received enough ratings to display an average for the current version of this application.

#### Description

This app is based on the U.S. Forest Service publication: A Field Guide for the Identification of Invasive Plants in Southern Forests. Invasions of nonnative plants into forests of the Southern United States continue to go unchecked and only partially unmonitored. These infestations increasingly erode forest productivity, hindering forest use and

[UGA Center for Invasive Species and Ecosystem Health Web Site](#) [Invasive Plants in Southern Forests: Identification and Management Support](#) [...More](#)

#### Screenshots



### Invasive Plants in Southern Forests: Identification and Management

UGA Center for Invasive Species and Ecosystem Health

Category: Reference

Updated: Jan 25, 2012

[View Item](#)

## DICKIE ELECTED TO BOARD OF TRUSTEES FOR MISSISSIPPI FORESTRY FOUNDATION

Dr. Stephen Dicke, Raymond, has been elected to the Board of Trustees of the Mississippi Forestry Foundation.

Dr. Dicke will represent Southwest Mississippi in a position previously held by Joe Weston of Jackson.

Weston, who was named an Emeritus Director, served as a Trustee for 10 years. Weston was Trustees Chairman in 2007.



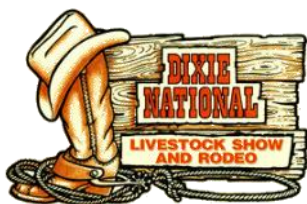
Joe Weston, left, congratulates Dr. Stephen Dicke who is filling the MFF Trustee position previously held by Weston.

## 2012 DIXIE NATIONAL RODEO AND LIVESTOCK SHOW

Agriculture and Commerce Commissioner Cindy Hyde-Smith welcomes you to the 2012 Dixie National Rodeo and Livestock Show January 28 through February 19, 2012 on the Mississippi State Fairgrounds located in Jackson, Mississippi.

Sit down, hang on, it's time for some leather popping, high kicking, hard bucking and dirt in your face at the Dixie National Rodeo, February 9-15, 2012, Jackson, Mississippi, Coliseum.

World Champion Cowboys compete for the big bucks riding the best of



*The Dixie National Livestock Show, Parade and Rodeo is one of the country's biggest and best Western events each year.*



Smith, Harper & Morgan Rodeo stock. It's rodeo clowns, bull fighters, barrel racers, bull doggers and ropers all competing in spectacular events of action and excitement.

Special entertainers are featured each day of the rodeo: Rodney Atkins, Chris Cagle, Lee Brice, George Jones, Jerrod Niemann, Eli Young Band and Jake Owen.

For more information and a detail schedule of events, visit the following website:

[www.dixienational.org](http://www.dixienational.org).

## CFA WORKSHOPS

All county forestry association leaders - officers, directors, MFA board liaisons, MSU Extension, and MFC foresters - are invited to attend one of the six district workshops for idea sharing and suggestions for making your CFA the best it can be in 2012.

**Please** RSVP no later than two days before the meeting you plan to attend to

Eleana Pope, MFA event and program coordinator by email at [epope@msforestry.net](mailto:epope@msforestry.net),

- 2/6 - SMCC, Holmes Student Union
- 2/7 - Forrest County Extension Office
- 2/9 - Neshoba County Coliseum, Philadelphia Multi-purpose room
- 2/15 - MS Cattlemen's Association, Jackson

## 2012 MFA CFA LEGISLATIVE LUNCHEON

The MFA CFA Legislative Luncheon and MFA Winter Board Meeting is set for Thursday, March 8, 2012.

MFA looks forward to honoring the 2012 Mississippi Legislators and other elected officials as we celebrate the importance of forestry in Mississippi.



**Congratulations**  
on your  
new baby girl...  
Your little world of joy!

Be sure to congratulate Lajuan Teasley of the Capital District on the birth of her granddaughter, Marleigh Teasley, born on January 6, 2012.





Mardi Gras, "Fat Tuesday", is the last day of the Carnival season as it always falls the day before Ash Wednesday, the first day of Lent.



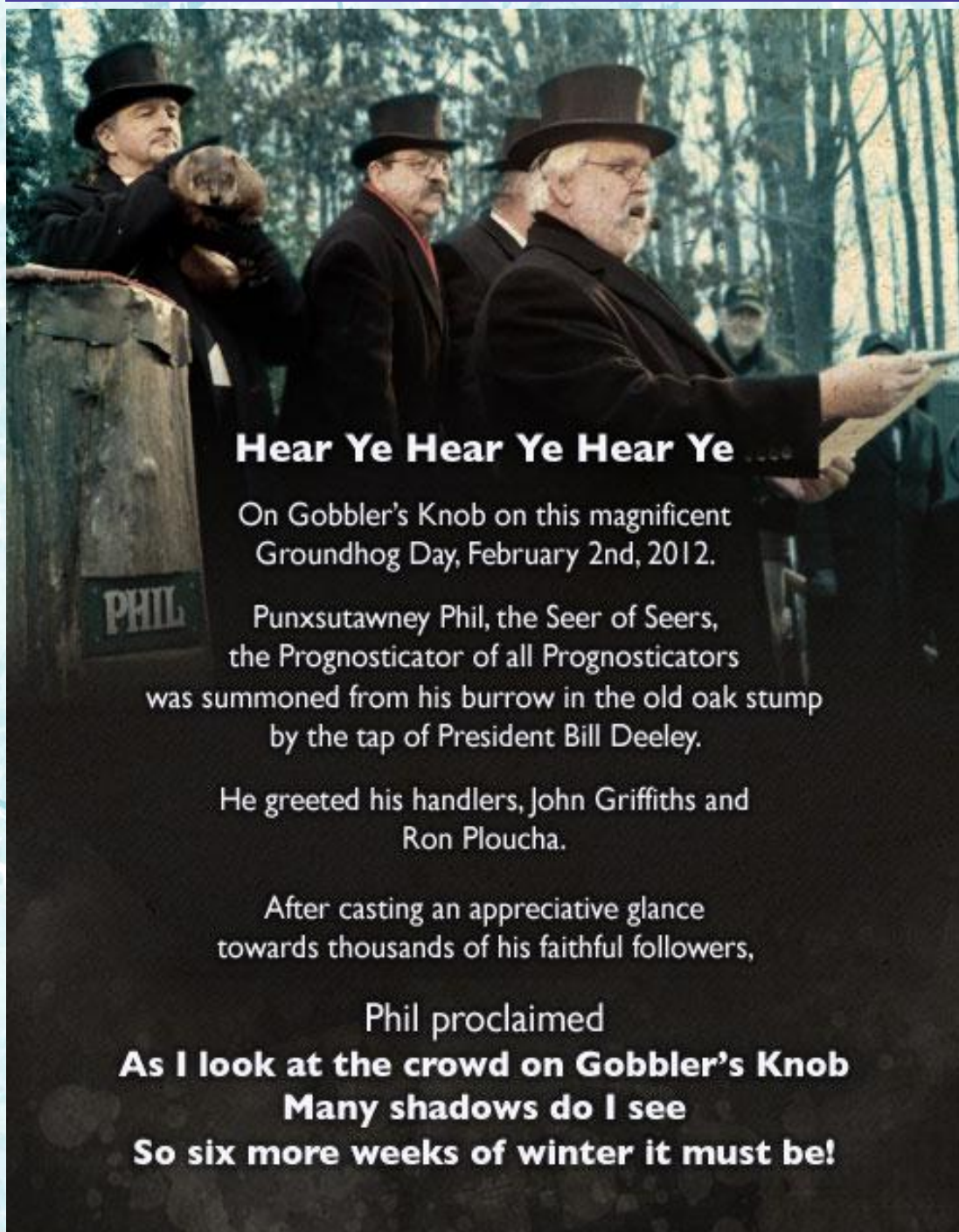
When was the first Mardi Gras?

The first Mardi Gras parade was held in New Orleans on February 24, 1857 by the Krewe of Comus. They began the tradition of presenting a parade with floats and following it with a ball for the krewe and their guests.



Mardi Gras in America was actually begun in Mobile, Alabama in 1703, a year after its founding in 1857, members of a Mobilian mystic society brought Mardi Gras to New Orleans

## GROUNDHOG DAY 2012 : PUNXSUTAWNEY PHIL'S FORECAST IS IN... SIX MORE WEEKS OF WINTER



### Hear Ye Hear Ye Hear Ye

On Gobbler's Knob on this magnificent Groundhog Day, February 2nd, 2012.

Punxsutawney Phil, the Seer of Seers, the Prognosticator of all Prognosticators was summoned from his burrow in the old oak stump by the tap of President Bill Deeley.

He greeted his handlers, John Griffiths and Ron Ploucha.

After casting an appreciative glance towards thousands of his faithful followers,

Phil proclaimed  
**As I look at the crowd on Gobbler's Knob  
 Many shadows do I see  
 So six more weeks of winter it must be!**



## SOUTHERN ADMINISTRATORS AND BENEFITS CONSULTANTS FLEXNEWS

### UNREIMBURSED MEDICAL SPENDING CAP

Another legislative regulation from Healthcare Reform will come into effect for plans that start on or after February 1, 2012. The Affordable Care Act signed into law in 2010, caps Unreimbursed Medical Spending accounts at \$2500.00. Therefore, plans that begin on or after February 1, 2012, will need to comply this year. Calendar year plans, will be affected in the 2013 plan year. This cap will be adjusted annually for inflation.

### LEAFY GREEN VEGETABLES TIED TO LOWER STROKE RISK

Consuming magnesium-rich foods such leafy green vegetables, nuts and beans is linked to a lower rate of strokes, according to an international analysis covering some 250,000 people. For every extra 100 milligrams of daily magnesium consumed in food, the risk of the most common type of stroke fell by nine percent. Source: American Journal of Clinical Nutrition. [More on this article.](#)

### MISSISSIPPI STATE & SCHOOL EMPLOYEES' HEALTH INSURANCE PLAN - 2012 BENEFIT CHANGES

#### HealthQuotientSM Requirement for Wellness/Preventive Benefits

As a reminder, participants are no longer required to complete a HealthQuotientSM (HQ) health risk assessment each year in order to receive wellness/preventive benefits. Please click on the "Wellness/Preventive Coverage" link on DFA's website for more information on these benefits.



**Buck Hobbs 2012  
Chairman of the Board  
of Commissioners Mis-  
sissippi Forestry Com-  
mission installing a  
tree farm sign on his  
property in Marshall  
County.**

What is the significance of the Mardi Gras colors, and where did they come from?

Rex, the King of Carnival, selected the Mardi Gras colors and assigned meaning to them in 1892. Purple stands for justice, green for faith, and gold for power.



Are Carnival and Mardi Gras the same thing?

Don't confuse Carnival and Mardi Gras! Carnival refers to the period of feasting and fun which always begins on January 6th, The Feast of the Epiphany. Mardi Gras refers to Fat Tuesday, the final day of revelry before Ash Wednesday, when Lent begins.



The Twelfth Night Revelers started the King Cake tradition in 1871.

# Safety First . . .

## KNOW YOUR HEART NUMBERS

During a heart check up, your doctor takes a careful look at your "numbers," including your cholesterol and triglyceride levels, your blood pressure and more. Knowing your numbers is an important part of keeping your heart-healthy. It can help you and your doctor know your risks and mark the progress you're making toward a healthier you.

To get a quick overview of numbers you need to know and the goals you need to reach, start by printing the following chart. If you choose, you can even post it on your refrigerator as a reminder to love your heart.

Then read on to learn the steps you can take to reduce your risk for heart disease. Once you know a few key facts about your numbers, you'll be on your way to mapping out a heart-healthy lifestyle for you and your loved ones.

### Keep Your Numbers in Check

The first step to a healthy heart is learning the simple things you can do every day. By getting involved in fun physical activities and enjoying nutritious meals, you can help reduce your risk of heart disease. But don't do it for the "numbers," do it for you!

### Get Physical

One of the best ways to reduce your risk of cardiovascular disease is to start getting regular, moderate exercise, at least 30 minutes a day, most days of the week. Of course, if it's been a while since you've been physically active, the hardest part is just getting started. Lucky for you, there's the [Go Red BetterU™](#), a free 12-week health improvement program for women that you can follow in your

Factor	Goal	
Total Cholesterol	Less than 200 mg/dL	
LDL ("Bad") Cholesterol	LDL cholesterol goals vary.	
	Less than 100 mg/dL	Optimal
	100 to 129 mg/dL	Near Optimal/Above Optimal
	130 to 159 mg/dL	Borderline High
	160 to 189 mg/dL	High
	190 mg/dL and above	Very High
HDL ("Good") Cholesterol	50 mg/dL or higher	
Triglycerides	<150 mg/dL	
Blood Pressure	<120/80 mmHg	
Fasting Glucose	<100 mg/dL	
Body Mass Index (BMI)	<25 Kg/m <sup>2</sup>	
Waist Circumference	<35 inches	
Exercise	Minimum of 30 minutes most days, if not all days of the week	

own home, with no expensive gym memberships or special equipment.

### Sign up today and you'll receive:

- Weekly topics that help women make simple healthy lifestyle choices to day that will improve your heart health over time
- Physical activity tips and recommendations to get you moving
- Valuable nutrition advice and heart-healthy recipes you can share with family and friends
- Plus, to help you stay motivated, you can view video and blog entries from the four BetterU bloggers and get inspired by their triumphs, as you reach for your heart-

healthy goals one week at a time.

- **Join now, it's FREE!**

### Diet & Nutrition

#### Make Good Food Choices

Healthy food habits can help you reduce three risk factors for heart attack and stroke, high blood cholesterol, high blood pressure, and excess body weight.

#### Set the stage for success by:

Eating a balanced diet by following [Diet and Lifestyle Recommendations](#) from the American Heart Association

- Eating foods low in [saturated fat, trans fat and cholesterol](#).
- Drink delicious, unsweetened 100% fruit juice instead of soda.

- Enjoying a large glass of ice water, hot tea or another calorie-free beverage. Garnish with a twist of lemon or lime
- Dividing the extra portions of recipes into containers to eat throughout the rest of the week.
- Eating with other people. You'll eat less than if you eat alone.
- Knowing your snack "triggers" and planning ahead. Fight the urge for high calorie/high-saturated-fat and trans fat foods, by grabbing pre-cut carrots, celery and other raw vegetables when you're on the run.
- Shop for heart-healthy foods, certified by the American Heart Association.

### Quit Smoking

Smoking is the single most preventable cause of death in the United States. If you smoke cigarettes (or cigars), you have a higher risk of illness and death from heart attack, stroke and other diseases. These include lung, mouth and throat cancers; chronic lung diseases and infections; congestive heart failure; and peripheral vascular disease (in the legs and arms). What's more, constant exposure to other people's tobacco smoke increases your risk, even if you don't smoke. The good news is that when you stop smoking, no matter how long or how much you've smoked, your risk of heart disease and stroke starts to drop. It's cut in half after one year without smoking, then continues to decline until it's as low as a nonsmoker's risk. So if you don't smoke, don't start. If you do smoke, love your heart and quit today. Need more motivation? Visit these [American Heart Association resources](#) for help quitting smoking.

# First Time, Every Time